



The Citizen's Influenza A H1N1 (Swine Flu) Checklist



If you have a Flu-Like Illness Including:

Fever higher than 100.5°F (37.8°C) AND Cough OR Sore Throat

AND

History of travel to an affected area within 7 days of illness onset

OR

**Contact with an ill person fitting the above travel description
within 7 days of illness onset**

Then Stay Home and CALL your Healthcare Provider

KACC beneficiaries call: 301-677-8606 for an appointment

IF no link to *affected areas* or *travelers* from affected areas, but you are mildly sick with flu-like symptoms – STAY HOME and recover, unless you have the following worrisome WARNING SIGNS.

Emergency warning signs that need urgent medical attention include:

IN CHILDREN

- Fast breathing or trouble breathing
- Bluish skin color (for fair tones) and grayish skin color (for darker tones)
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

IN ADULTS

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness or confusion
- Severe or persistent vomiting

Common Sense Precautions Include:

- Wash your hands often, especially after coughing, sneezing, and wiping or blowing the nose.
- Cover your mouth when coughing or sneezing.
- Use paper tissues when wiping or blowing your nose; throw tissues away after use.
- Stay away from crowded living and sleeping spaces, if possible.
- Stay home and avoid contact with other people to protect them from catching your illness.

Centers for Disease Control and Prevention (CDC)

TEL: 800-CDC-INFO (800-232-4636) TTY: (888) 232-6348 24 Hours/Every Day;

Email: cdcinfo@cdc.gov

Website: <http://www.cdc.gov/swineflu/>